

USDA National Nutrient Database for Standard Reference, Release 21

Fatty acids, total saturated (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19087	Candies, white chocolate	170	1 cup	33.00
19080	Candies, semisweet chocolate	168	1 cup	29.82
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	29.27
01036	Cheese, ricotta, whole milk	246	1 cup	20.41
01164	Cheese sauce, prepared from recipe	243	1 cup	19.52
21082	Fast foods, taco	263	1 large	17.48
01095	Milk, canned, condensed, sweetened	306	1 cup	16.79
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	15.52
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	15.43
12104	Nuts, coconut meat, raw	45	1 piece	13.36
14347	Shake, fast food, vanilla	333	16 fl oz	13.19
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	12.42
01037	Cheese, ricotta, part skim milk	246	1 cup	12.12
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	12.00
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	11.95
19061	Snacks, trail mix, tropical	140	1 cup	11.87
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	11.69
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	11.61
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	11.60
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	11.57
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	11.48
21082	Fast foods, taco	171	1 small	11.37
01057	Eggnog	254	1 cup	11.29
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	10.97
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	10.85
21074	Fast foods, enchilada, with cheese	163	1 enchilada	10.59
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	10.52
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	10.42
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	9.45
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	9.34
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	9.23
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	9.22
19078	Baking chocolate, unsweetened, squares	28.35	1 square	9.17
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	8.91
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	8.72
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	8.53
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	8.53
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	8.51
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	8.39
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	8.39
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	8.36
11658	Spinach souffle	136	1 cup	8.28
19071	Candies, carob, unsweetened	28.35	1 oz	8.23
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	8.14

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21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	8.14
18147	Cheesecake commercially prepared	80	1 piece	7.94
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	7.84
21078	Fast foods, nachos, with cheese	113	6-8 nachos	7.78
21023	Fast foods, french toast with butter	135	2 slices	7.75
14346	Shake, fast food, chocolate	333	16 fl oz	7.70
19089	Ice creams, vanilla, rich	74	1/2 cup	7.64
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	7.54
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	7.39
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	7.33
01145	Butter, without salt	14.2	1 tbsp	7.29
01001	Butter, salted	14.2	1 tbsp	7.29
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	7.26
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	7.22
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	7.17
06166	Sauce, homemade, white, medium	250	1 cup	7.14
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	7.09
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	7.04
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	6.95
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	6.92
21083	Fast foods, taco salad	198	1-1/2 cups	6.82
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	6.81
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	6.70
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	6.70
18239	Croissants, butter	57	1 croissant	6.65
21043	Fast foods, clams, breaded and fried	115	3/4 cup	6.60
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	6.55
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	6.45
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	6.43
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	6.34
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	6.15
16008	Beans, baked, canned, with franks	259	1 cup	6.09
18316	Pie, coconut custard, commercially prepared	104	1 piece	6.09
01009	Cheese, cheddar	28.35	1 oz	5.98
01111	Milk shakes, thick vanilla	313	11 fl oz	5.90
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.86
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	5.85
19126	Candies, milk chocolate coated peanuts	40	10 pieces	5.84
01007	Cheese, camembert	38	1 wedge	5.80
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	5.74
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	5.69
21024	Fast foods, french toast sticks	141	5 sticks	5.62
18310	Pie, chocolate creme, commercially prepared	113	1 piece	5.61
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	5.58
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	5.52
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	5.50

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01030	Cheese, muenster	28.35	1 oz	5.42
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	5.38
18309	Pie, cherry, prepared from recipe	180	1 piece	5.37
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	5.36
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	5.35
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	5.33
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	5.31
01004	Cheese, blue	28.35	1 oz	5.29
07069	Salami, cooked, beef and pork	56.7	2 slices	5.28
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	5.28
07008	Bologna, beef and pork	56.7	2 slices	5.27
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	5.26
07022	Frankfurter, beef	45	1 frank	5.26
13348	Beef, cured, corned beef, canned	85.05	3 oz	5.26
01013	Cheese, cottage, creamed, with fruit	226	1 cup	5.22
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	5.17
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	5.16
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	5.16
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	5.16
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	5.15
22905	Beef stew, canned entree	232	1 cup	5.15
21015	Fast foods, danish pastry, cheese	91	1 pastry	5.12
21118	Fast foods, hotdog, plain	98	1 sandwich	5.11
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	5.11
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	5.08
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	5.05
01110	Milk shakes, thick chocolate	300	10.6 fl oz	5.04
01040	Cheese, swiss	28.35	1 oz	5.04
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	5.03
21033	Fast foods, sundae, hot fudge	158	1 sundae	5.02
04002	Lard	12.8	1 tbsp	5.02
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	5.00
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	4.95
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	4.95
21088	Tostada with guacamole	130.5	1 tostada	4.93
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	4.93
18327	Pie, pumpkin, prepared from recipe	155	1 piece	4.92
18325	Pie, pecan, prepared from recipe	122	1 piece	4.87
21119	Fast foods, hotdog, with chili	114	1 sandwich	4.85
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	4.85
07023	Frankfurter, beef and pork	45	1 frank	4.85
01035	Cheese, provolone	28.35	1 oz	4.84
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	4.83
18245	Danish pastry, cheese	71	1 danish	4.82
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	4.82
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	4.76

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	4.76
18302	Pie, apple, prepared from recipe	155	1 piece	4.73
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	4.64
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	4.60
01077	Milk, whole, 3.25% milkfat	244	1 cup	4.55
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	4.55
19270	Ice creams, chocolate	66	1/2 cup	4.49
19095	Ice creams, vanilla	66	1/2 cup	4.48
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	4.44
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	4.37
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.36
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	4.34
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	4.29
18306	Pie, blueberry, prepared from recipe	147	1 piece	4.28
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	4.28
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	4.26
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	4.24
01019	Cheese, feta	28.35	1 oz	4.24
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	4.22
35142	Frybread, made with lard (Navajo)	90	5" bread	4.16
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	4.16
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	4.12
21077	Fast foods, frijoles with cheese	167	1 cup	4.07
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	4.05
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	4.04
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	4.01
22904	Chili con carne with beans, canned entree	222	1 cup	3.86
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	3.83
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	3.79
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	3.79
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	3.79
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	3.78
01026	Cheese, mozzarella, whole milk	28.35	1 oz	3.73
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	3.71
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	3.70
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	3.65
01031	Cheese, neufchatel	28.35	1 oz	3.63
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	3.61
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	3.61
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	3.59
11414	Potato salad, home-prepared	250	1 cup	3.57
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	3.56
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	3.55
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	3.54
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	3.53

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01053	Cream, fluid, heavy whipping	15	1 tbsp	3.45
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	3.45
21042	Fast foods, chili con carne	253	1 cup	3.43
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	3.42
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	3.39
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	3.37
07065	Pork and beef sausage, fresh, cooked	26	2 links	3.37
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	3.35
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	3.35
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	3.33
21017	Fast foods, danish pastry, fruit	94	1 pastry	3.32
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	3.27
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	3.26
18120	Cake, pound, commercially prepared, butter	28	1 piece	3.24
19041	Snacks, pork skins, plain	28.35	1 oz	3.22
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	3.20
15128	Fish, tuna salad	205	1 cup	3.17
18319	Pie, fried pies, fruit	128	1 pie	3.14
18444	Pie, fried pies, cherry	128	1 pie	3.14
05277	Chicken, canned, meat only, with broth	142	5 oz	3.12
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	3.11
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	3.11
19411	Snacks, potato chips, plain, salted	28.35	1 oz	3.11
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	3.09
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	3.07
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	3.05
18116	Cake, gingerbread, prepared from recipe	74	1 piece	3.05
05292	Turkey patties, breaded, battered, fried	64	1 patty	3.00
18324	Pie, pecan, commercially prepared	113	1 piece	3.00
18308	Pie, cherry, commercially prepared	117	1 piece	3.00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	2.99
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	2.98
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	2.98
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	2.98
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	2.97
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	2.96
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	2.94
11370	Potatoes, hashed brown, home-prepared	156	1 cup	2.94
01052	Cream, fluid, light whipping	15	1 tbsp	2.90
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	2.86
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	2.81
01017	Cheese, cream	14.5	1 tbsp	2.80
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	2.79
05306	Poultry food products, ground turkey, cooked	82	1 patty	2.78

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15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	2.72
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	2.71
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	2.69
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	2.69
21129	Fast foods, hush puppies	78	5 pieces	2.69
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	2.68
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	2.62
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	2.61
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.61
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	2.60
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	2.59
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	2.57
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	2.52
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	2.48
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	2.47
07064	Pork sausage, fresh, cooked	27	1 patty	2.47
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	2.46
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	2.46
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	2.45
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	2.45
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	2.44
18139	Cake, white, prepared from recipe without frosting	74	1 piece	2.42
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	2.40
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	2.40
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	2.39
07064	Pork sausage, fresh, cooked	26	2 links	2.37
18151	Cookies, brownies, commercially prepared	56	1 brownie	2.37
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	2.35
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	2.31
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	2.30
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	2.28
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	2.28
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	2.27
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	2.26
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	2.26
18090	Cake, boston cream pie, commercially prepared	92	1 piece	2.25
01132	Egg, whole, cooked, scrambled	61	1 large	2.24
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	2.23
22247	Macaroni and Cheese, canned entree	252	1 cup	2.22
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	2.21
18326	Pie, pumpkin, commercially prepared	109	1 piece	2.17
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	2.16
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	2.15
18367	Waffles, plain, prepared from recipe	75	1 waffle	2.15
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	2.15
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	2.14
07072	Salami, dry or hard, pork, beef	20	2 slices	2.12

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19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	2.10
18243	Croutons, seasoned	40	1 cup	2.10
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	2.09
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	2.07
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2.04
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	2.03
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	2.03
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	2.03
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	2.03
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	2.02
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	2.02
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	2.02
04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	2.02
19193	Puddings, rice, ready-to-eat	113.4	4 oz	2.00
18320	Pie, lemon meringue, commercially prepared	113	1 piece	2.00
01128	Egg, whole, cooked, fried	46	1 large	1.98
20113	Noodles, chinese, chow mein	45	1 cup	1.97
18305	Pie, blueberry, commercially prepared	117	1 piece	1.96
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.96
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	1.95
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	1.95
19088	Ice creams, vanilla, light	66	1/2 cup	1.93
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	1.93
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	1.92
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	1.92
11672	Potato pancakes	76	1 pancake	1.89
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	1.89
04053	Oil, olive, salad or cooking	13.5	1 tbsp	1.86
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.85
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	1.83
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	1.82
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	1.80
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	1.80
01123	Egg, whole, raw, fresh	58	1 extra large	1.80
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	1.79
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	1.79
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.77
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.77
04133	Salad dressing, french, home recipe	14	1 tbsp	1.76
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	1.76
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	1.76
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.75
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1.75
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.74
07024	Frankfurter, chicken	45	1 frank	1.74
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.73
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	1.72

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	1.69
16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.68
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	1.67
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.67
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	1.66
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	1.65
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.64
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	1.64
01129	Egg, whole, cooked, hard-boiled	50	1 large	1.63
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	1.63
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.62
21127	Fast foods, coleslaw	99	3/4 cup	1.61
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.60
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1.59
01125	Egg, yolk, raw, fresh	16.6	1 large	1.59
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	1.58
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	1.58
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	1.57
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.57
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	1.56
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	1.56
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	1.56
01123	Egg, whole, raw, fresh	50	1 large	1.55
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	1.54
01131	Egg, whole, cooked, poached	50	1 large	1.54
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	1.54
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	1.52
15111	Fish, swordfish, cooked, dry heat	106	1 piece	1.49
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.48
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	1.46
11399	Potato puffs, frozen, oven-heated	79	10 puffs	1.44
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	1.44
19183	Puddings, chocolate, ready-to-eat	113	4 oz	1.43
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	1.42
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	1.42
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	1.42
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	1.41
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	1.40
18280	Muffins, corn, dry mix, prepared	50	1 muffin	1.40
12147	Nuts, pine nuts, dried	28.35	1 oz	1.39
01056	Cream, sour, cultured	12	1 tbsp	1.38
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	1.38
01123	Egg, whole, raw, fresh	44	1 medium	1.36
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	1.36
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	1.34
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	1.34
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	1.33
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	1.32

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	1.31
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	1.30
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	1.30
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.30
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	1.30
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.29
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	1.29
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.29
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	1.28
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	1.28
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.27
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	1.27
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	1.27
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.27
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	1.26
20033	Oat bran, raw	94	1 cup	1.25
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	1.24
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1.23
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	1.23
05286	Turkey and gravy, frozen	142	5-oz package	1.21
15111	Fish, swordfish, cooked, dry heat	85	3 oz	1.20
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.18
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	1.16
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	1.15
19201	Puddings, vanilla, ready-to-eat	113	4 oz	1.15
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	1.14
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	1.13
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	1.13
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	1.13
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	1.13
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	1.12
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	1.12
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	1.12
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	1.11
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1.10
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.09
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	1.08
01049	Cream, fluid, half and half	15	1 tbsp	1.07
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	1.07
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.06
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	1.03
04582	Oil, vegetable, canola	14	1 tbsp	1.03
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1.03
19127	Candies, milk chocolate coated raisins	10	10 pieces	1.03
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.02
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	1.02
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.01

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	1.00
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	1.00
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.99
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.99
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.99
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	0.99
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.98
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.94
18214	Crackers, cheese, regular	10	10 crackers	0.94
19141	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	0.92
18268	French toast, frozen, ready-to-heat	59	1 slice	0.90
07073	Sandwich spread, pork, beef	15	1 tbsp	0.90
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.89
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.89
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.89
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.88
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.87
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.87
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.87
01032	Cheese, parmesan, grated	5	1 tbsp	0.87
19097	Sherbet, orange	74	1/2 cup	0.86
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.85
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.84
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.84
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.83
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.82
18134	Cake, sponge, prepared from recipe	63	1 piece	0.82
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.82
20011	Buckwheat flour, whole-groat	120	1 cup	0.81
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.79
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.79
16112	Miso	68.75	1 cup	0.78
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.78
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.77
18279	Muffins, corn, commercially prepared	57	1 muffin	0.77
01072	Dessert topping, pressurized	4	1 tbsp	0.76
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.76
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.75
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.74
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.73
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.72
07027	Ham, chopped, not canned	21	2 slices	0.72
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.71
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.71
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.71
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.70

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.68
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.67
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.67
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.67
22402	Beef Macaroni, frozen entree	240	1 package	0.67
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.67
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.67
20110	Noodles, egg, cooked, enriched	160	1 cup	0.67
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.67
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.66
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbs	0.66
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.66
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.65
01069	Cream substitute, powdered	2	1 tsp	0.65
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.65
18229	Crackers, standard snack-type, regular	12	4 crackers	0.65
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.64
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.64
18027	Bread, egg	40	1/2" slice	0.64
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.63
18283	Muffins, oat bran	57	1 muffin	0.62
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.62
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.62
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0.61
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.60
09038	Avocados, raw, California	28.35	1 oz	0.60
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.59
18360	Taco shells, baked	13.3	1 medium	0.58
04613	Margarine, margarine-like vegetable oil spread, 60% fat, tub	4.8	1 tsp	0.58
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.58
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.58
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.57
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.57
09039	Avocados, raw, Florida	28.35	1 oz	0.56
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	0.55
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.55
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	0.55
22120	MORNINGSTAR FARMS Grillers Recipe Crumbles, frozen, unprepared	110	1 cup	0.55
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.54
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.54
18235	Crackers, whole-wheat	16	4 crackers	0.54
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.54
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.54
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.53
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.52
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.51
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.51

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.50
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.50
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.50
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.50
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.49
20005	Barley, pearled, raw	200	1 cup	0.49
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.48
18177	Cookies, molasses	15	1 cookie, medium	0.48
06174	Soup, stock, fish, home-prepared	233	1 cup	0.47
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.47
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.47
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.47
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.46
11159	Coleslaw, home-prepared	120	1 cup	0.46
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.46
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.45
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.45
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.45
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.44
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.44
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.44
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.43
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.43
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.43
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	0.43
19033	Snacks, RALSTON PURINA, CHEX MIX	28.35	1 oz (about 2/3 cup)	0.42
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.42
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.42
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.41
04128	Margarine-like spread, (approximately 37% fat), unspecified oils	4.8	1 tsp	0.41
18232	Crackers, wheat, regular	8	4 crackers	0.41
01143	Egg substitute, liquid	62.75	1/4 cup	0.41
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.41
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.40
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.40
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.40
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	0.39
20080	Wheat flour, whole-grain	120	1 cup	0.39
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.39
21139	Fast foods, potato, mashed	80	1/3 cup	0.38
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.38
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.38
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit-filled	37	1 bar	0.38
18003	Bagels, egg	89	4" bagel	0.37
07028	Ham, sliced, extra lean	56.7	2 slices	0.37
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.37

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.37
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.36
11424	Pumpkin, canned, without salt	245	1 cup	0.36
20034	Oat bran, cooked	219	1 cup	0.36
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.35
07017	Chicken roll, light meat	56.7	2 slices	0.35
20037	Rice, brown, long-grain, cooked	195	1 cup	0.35
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.35
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.35
18353	Rolls, hard (includes kaiser)	57	1 roll	0.35
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.34
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.34
15141	Crustaceans, crab, blue, canned	135	1 cup	0.34
20083	Wheat flour, white, bread, enriched	137	1 cup	0.33
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.33
20012	Bulgur, dry	140	1 cup	0.32
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.32
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.32
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.32
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.31
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.31
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.31
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.31
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.31
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.31
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.30
18003	Bagels, egg	71	3-1/2" bagel	0.30
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.30
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.30
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.30
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.29
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.29
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.29
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.29
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.28
18048	Bread, raisin, toasted, enriched	24	1 slice	0.28
18047	Bread, raisin, enriched	26	1 slice	0.28
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.28
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.28
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.27
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.27
13350	Beef, cured, dried	28.35	1 oz	0.27
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.27
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.27

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.27
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.27
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.26
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.26
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.26
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.26
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.26
09277	Plantains, raw	179	1 medium	0.26
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.26
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.25
19074	Candies, caramels	10.1	1 piece	0.25
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.25
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.25
20100	Macaroni, cooked, enriched	140	1 cup	0.25
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.25
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.25
18005	Bagels, cinnamon-raisin	89	4" bagel	0.24
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.24
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.24
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.24
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.24
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.24
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.24
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.23
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.23
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.23
18025	Bread, cracked-wheat	25	1 slice	0.23
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.23
18065	Bread, wheat, toasted	23	1 slice	0.23
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.23
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.23
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.22
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.22
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.22
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.21
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.21
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.21
20028	Couscous, dry	173	1 cup	0.20
16158	Hummus, commercial	14	1 tbsp	0.20
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.20
18064	Bread, wheat	25	1 slice	0.20
18060	Bread, rye	32	1 slice	0.20
16051	Beans, white, mature seeds, canned	262	1 cup	0.20
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.20
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.20
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.20
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.19

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.19
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.19
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.19
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.19
18040	Bread, oatmeal, toasted	25	1 slice	0.19
18039	Bread, oatmeal	27	1 slice	0.19
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.19
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.19
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.18
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.18
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.18
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.18
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.18
18170	Cookies, fig bars	16	1 cookie	0.18
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.18
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.18
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.18
20084	Wheat flour, white, cake, enriched	137	1 cup	0.17
11461	Spinach, canned, drained solids	214	1 cup	0.17
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.17
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.17
18033	Bread, italian	20	1 slice	0.17
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.17
09040	Bananas, raw	150	1 cup	0.17
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.17
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.17
18061	Bread, rye, toasted	24	1 slice	0.17
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.16
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.16
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.16
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.16
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.16
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.16
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.16
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.16
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.15
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.15
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.15
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.15
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.15
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.15
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.15
20006	Barley, pearled, cooked	157	1 cup	0.15
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.15
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.14
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.14
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.14

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Fatty acids, total saturated (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19014	Snacks, fruit leather, rolls	21	1 large	0.14
18044	Bread, pumpernickel	32	1 slice	0.14
18045	Bread, pumpernickel, toasted	29	1 slice	0.14
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.14
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.14
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.14
09176	Mangos, raw	207	1 mango	0.14
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.14
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.14
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.13
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.13
09040	Bananas, raw	118	1 banana	0.13
09226	Papayas, raw	304	1 papaya	0.13
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.13
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.13
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.13
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.13
18057	Bread, reduced-calorie, white	23	1 slice	0.13
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.13
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.12
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.12
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.12
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.12
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.12
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.12
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.12
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.12
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.12
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.12
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	0.12
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.12
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.11
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.11
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.11
11205	Cucumber, with peel, raw	301	1 large	0.11
09176	Mangos, raw	165	1 cup	0.11
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.11
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.11
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.11
09278	Plantains, cooked	154	1 cup	0.11
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.11
11015	Asparagus, canned, drained solids	72	4 spears	0.11
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	0.11
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.10
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.10
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.10
01186	Cheese, cream, fat free	15.6	1 tbsp	0.10

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Fatty acids, total saturated (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.10
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.10
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.10
14181	Chocolate syrup	18.75	1 tbsp	0.10
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.10
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.10
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.10
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.09
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1serving (3 T dry cereal plu	0.09
09153	Lemon juice, canned or bottled	244	1 cup	0.09
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.09
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.09
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.09
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.09
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.09
18220	Crackers, melba toast, plain	20	4 pieces	0.09
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.09
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.09
11333	Peppers, sweet, green, raw	149	1 cup	0.09
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.09
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.09
18053	Bread, reduced-calorie, rye	23	1 slice	0.08
09298	Raisins, seedless	145	1 cup	0.08
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.08
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.08
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.08
09181	Melons, cantaloupe, raw	160	1 cup	0.08
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.08
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	0.08
20089	Wild rice, cooked	164	1 cup	0.08
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.08
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.08
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.08
18055	Bread, reduced-calorie, wheat	23	1 slice	0.08
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.08
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.08
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.08
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.08
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.08
02009	Spices, chili powder	2.6	1 tsp	0.08
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	0.08
20013	Bulgur, cooked	182	1 cup	0.08
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.08
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.08
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.07
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.07
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.07

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Fatty acids, total saturated (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.07
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.07
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.07
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.07
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.07
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.07
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.07
11333	Peppers, sweet, green, raw	119	1 pepper	0.07
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.07
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.07
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.07
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.07
11282	Onions, raw	160	1 cup	0.07
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.07
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.07
09184	Melons, honeydew, raw	170	1 cup	0.06
18217	Crackers, matzo, plain	28.35	1 matzo	0.06
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.06
11655	Carrot juice, canned	236	1 cup	0.06
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.06
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.06
11549	Tomato products, canned, sauce	245	1 cup	0.06
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.06
09184	Melons, honeydew, raw	160	1/8 melon	0.06
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.06
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.06
09226	Papayas, raw	140	1 cup	0.06
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.06
09206	Orange juice, raw	248	1 cup	0.06
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.06
09087	Dates, deglet noor	178	1 cup	0.06
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.06
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.06
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.06
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.06
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.06
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.06
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.06
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.06
09094	Figs, dried, uncooked	38	2 figs	0.05
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.05
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.05
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.05
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.05
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.05

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11143	Celery, raw	120	1 cup	0.05
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.05
11641	Squash, summer, all varieties, raw	113	1 cup	0.05
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.05
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.05
11264	Mushrooms, canned, drained solids	156	1 cup	0.05
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.05
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.05
19036	Snacks, popcorn, cakes	10	1 cake	0.05
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.05
11081	Beets, cooked, boiled, drained	170	1 cup	0.05
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.05
11954	Tomatillos, raw	34	1 medium	0.05
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.05
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.05
18041	Bread, pita, white, enriched	28	4" pita	0.05
11282	Onions, raw	110	1 whole	0.05
09326	Watermelon, raw	286	1 wedge	0.05
19034	Snacks, popcorn, air-popped	8	1 cup	0.05
20029	Couscous, cooked	157	1 cup	0.05
09207	Orange juice, canned, unsweetened	249	1 cup	0.04
02015	Spices, curry powder	2	1 tsp	0.04
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.04
02028	Spices, paprika	2.1	1 tsp	0.04
02007	Spices, celery seed	2	1 tsp	0.04
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.04
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.04
11961	Hearts of palm, canned	33	1 piece	0.04
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.04
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.04
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.04
11124	Carrots, raw	110	1 cup	0.04
09050	Blueberries, raw	145	1 cup	0.04
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.04
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.04
11821	Peppers, sweet, red, raw	149	1 cup	0.04
02027	Spices, oregano, dried	1.5	1 tsp	0.04
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.04
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.04
09003	Apples, raw, with skin	138	1 apple	0.04
11205	Cucumber, with peel, raw	104	1 cup	0.04
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.04
11084	Beets, canned, drained solids	170	1 cup	0.04
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.04
11206	Cucumber, peeled, raw	280	1 large	0.04
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.04
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.04
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.04

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09181	Melons, cantaloupe, raw	69	1/8 melon	0.04
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.04
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.04
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.03
06094	Soup, onion, dry, mix	39	1 packet	0.03
09404	Grapefruit juice, pink, raw	247	1 cup	0.03
09128	Grapefruit juice, white, raw	247	1 cup	0.03
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.03
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.03
11090	Broccoli, raw	88	1 cup	0.03
09191	Nectarines, raw	136	1 nectarine	0.03
18086	Cake, angelfood, commercially prepared	28	1 piece	0.03
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.03
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.03
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.03
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.03
09340	Pears, asian, raw	275	1 pear	0.03
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.03
09223	Tangerine juice, canned, sweetened	249	1 cup	0.03
09236	Peaches, raw	170	1 cup	0.03
11821	Peppers, sweet, red, raw	119	1 pepper	0.03
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.03
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.03
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.03
11578	Vegetable juice cocktail, canned	242	1 cup	0.03
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.03
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.03
11260	Mushrooms, white, raw	70	1 cup	0.03
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.03
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.03
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.03
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.03
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.03
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.03
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.03
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.03
19116	Candies, marshmallows	50	1 cup	0.03
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.03
09200	Oranges, raw, all commercial varieties	180	1 cup	0.03
11124	Carrots, raw	72	1 carrot	0.03
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.03
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.03
09070	Cherries, sweet, raw	68	10 cherries	0.03
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.03
09055	Blueberries, frozen, sweetened	230	1 cup	0.03
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.03
09316	Strawberries, raw	166	1 cup	0.02

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.02
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.02
11445	Seaweed, kelp, raw	10	2 tbsp	0.02
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.02
09326	Watermelon, raw	152	1 cup	0.02
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.02
11213	Endive, raw	50	1 cup	0.02
11109	Cabbage, raw	70	1 cup	0.02
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.02
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.02
09302	Raspberries, raw	123	1 cup	0.02
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.02
09004	Apples, raw, without skin	110	1 cup	0.02
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.02
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.02
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.02
09150	Lemons, raw, without peel	58	1 lemon	0.02
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.02
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.02
11251	Lettuce, cos or romaine, raw	56	1 cup	0.02
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.02
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.02
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.02
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.02
09206	Orange juice, raw	86	juice from 1 orange	0.02
02030	Spices, pepper, black	2.1	1 tsp	0.02
09060	Carambola, (starfruit), raw	108	1 cup	0.02
09042	Blackberries, raw	144	1 cup	0.02
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.02
09200	Oranges, raw, all commercial varieties	131	1 orange	0.02
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	0.02
11540	Tomato juice, canned, with salt added	243	1 cup	0.02
11457	Spinach, raw	30	1 cup	0.02
11819	Peppers, hot chili, red, raw	45	1 pepper	0.02
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.02
09236	Peaches, raw	98	1 peach	0.02
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.02
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.02
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.02
09060	Carambola, (starfruit), raw	91	1 fruit	0.02
11143	Celery, raw	40	1 stalk	0.02
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.02
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.02
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.02
11206	Cucumber, peeled, raw	119	1 cup	0.02
11364	Potatoes, baked, skin, without salt	58	1 skin	0.02
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.02

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.02
11135	Cauliflower, raw	100	1 cup	0.02
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.02
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.01
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.01
11112	Cabbage, red, raw	70	1 cup	0.01
09340	Pears, asian, raw	122	1 pear	0.01
11081	Beets, cooked, boiled, drained	50	1 beet	0.01
09266	Pineapple, raw, all varieties	155	1 cup	0.01
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.01
09087	Dates, deglet noor	41.5	5 dates	0.01
11297	Parsley, raw	10	10 sprigs	0.01
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.01
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.01
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.01
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.01
11090	Broccoli, raw	31	1 spear	0.01
18226	Crackers, rye, wafers, plain	11	1 wafer	0.01
09279	Plums, raw	66	1 plum	0.01
11253	Lettuce, green leaf, raw	56	1 cup	0.01
09252	Pears, raw	166	1 pear	0.01
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.01
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.01
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.01
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.01
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.01
11670	Peppers, hot chili, green, raw	45	1 pepper	0.01
09021	Apricots, raw	35	1 apricot	0.01
11114	Cabbage, savoy, raw	70	1 cup	0.01
19294	Fruit butters, apple	17	1 tbsp	0.01
11955	Tomatoes, sun-dried	2	1 piece	0.01
09298	Raisins, seedless	14	1 packet	0.01
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.01
11945	Pickle relish, sweet	15	1 tbsp	0.01
02010	Spices, cinnamon, ground	2.3	1 tsp	0.01
09294	Prune juice, canned	256	1 cup	0.01
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.01
20068	Tapioca, pearl, dry	152	1 cup	0.01
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.01
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.01
19353	Syrups, maple	20	1 tbsp	0.01
16055	Carob flour	8	1 tbsp	0.01
11935	Catsup	15	1 tbsp	0.01
11457	Spinach, raw	10	1 leaf	0.01
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.01
11740	Broccoli, flower clusters, raw	11	1 floweret	0.01
11282	Onions, raw	14	1 slice	0.01
11333	Peppers, sweet, green, raw	10	1 ring	0.01
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.01

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.01
11943	Pimento, canned	12	1 tbsp	0.01
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.01
11084	Beets, canned, drained solids	24	1 beet	0.01
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.01
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.00
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.00
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.00
02055	Horseradish, prepared	5	1 tsp	0.00
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.00
11156	Chives, raw	3	1 tbsp	0.00
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.00
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.00
11284	Onions, dehydrated flakes	5	1 tbsp	0.00
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.00
02026	Spices, onion powder	2.1	1 tsp	0.00
02020	Spices, garlic powder	2.8	1 tsp	0.00
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.00
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.00
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.00
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.00
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.00
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.00
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.00
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.00
09160	Lime juice, raw	38	juice of 1 lime	0.00
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.00
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.00
09316	Strawberries, raw	18	1 strawberry	0.00
11215	Garlic, raw	3	1 clove	0.00
11935	Catsup	6	1 packet	0.00
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.00
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.00
11960	Carrots, baby, raw	10	1 medium	0.00
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.00
11253	Lettuce, green leaf, raw	10	1 leaf	0.00
19297	Jams and preserves	20	1 tbsp	0.00
11135	Cauliflower, raw	13	1 floweret	0.00
09316	Strawberries, raw	12	1 strawberry	0.00
11677	Shallots, raw	10	1 tbsp	0.00
19336	Sugars, powdered	8	1 tbsp	0.00
02029	Spices, parsley, dried	1.3	1 tbsp	0.00
11429	Radishes, raw	4.5	1 radish	0.00
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.00
19300	Jellies	19	1 tbsp	0.00
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.00
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.00
20027	Cornstarch	8.064	1 tbsp	0.00

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02045	Dill weed, fresh	1	5 sprigs	0.00
02050	Vanilla extract	4.2	1 tsp	0.00
18373	Leavening agents, cream of tartar	3	1 tsp	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.00
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.00
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.00
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.00
19107	Candies, hard	3	1 small piece	0.00
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.00
19107	Candies, hard	6	1 piece	0.00
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.00
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.00
06432	Soup, beef broth, bouillon, consommé, prepared with equal volume water	241	1 cup	0.00
19350	Syrups, corn, light	20	1 tbsp	0.00
19335	Sugars, granulated	4.2	1 tsp	0.00
19334	Sugars, brown	3.2	1 tsp	0.00
14277	Grape drink, canned	250	8 fl oz	0.00
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.00
19296	Honey	21	1 tbsp	0.00
19108	Candies, jellybeans	28.35	10 large	0.00
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.00
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.00
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.00
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.00
19129	Syrups, table blends, pancake	20	1 tbsp	0.00
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.00
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.00
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.00
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.00
14121	Carbonated beverage, club soda	355	12 fl oz	0.00
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.00
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.00
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.00
06150	Sauce, barbecue	15.75	1 tbsp	0.00
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.00
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.00
09152	Lemon juice, raw	47	juice of 1 lemon	0.00
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.00
02047	Salt, table	6	1 tsp	0.00
02048	Vinegar, cider	15	1 tbsp	0.00
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.00
11226	Jerusalem-artichokes, raw	150	1 cup	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.00

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.00
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.00
14429	Water, tap, municipal	237	8 fl oz	0.00
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.00
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.00
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.00
01124	Egg, white, raw, fresh	33.4	1 large	0.00
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.00
14142	Carbonated beverage, grape soda	372	12 fl oz	0.00
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.00
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.00
14157	Carbonated beverage, root beer	370	12 fl oz	0.00
14150	Carbonated beverage, orange	372	12 fl oz	0.00
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.00
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.00